



Cranberry Upside-Down Cake with Cognac Cream

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



311 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 3 tablespoons butter softened
- 1 tablespoon cognac
- 12 ounce cranberries fresh
- 2 large egg whites

- 2 large egg yolks
- 0.5 cup milk fat-free
- 1.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.3 cup pecans toasted chopped
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- cake form
- measuring cup

Directions

- Preheat oven to 350
- Pour melted butter into an 8-inch square baking pan coated with cooking spray; sprinkle with brown sugar.
- Bake at 350 for 2 minutes.
- Remove from oven, and top with pecans and cranberries.
- Lightly spoon flour into dry measuring cups; level with knife.
- Combine flour, baking powder, and salt in a bowl; stir with whisk.

- Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended.
- Add egg yolks, 1 at a time, beating well after each addition. Stir in vanilla.
- Add flour mixture and milk alternately to butter mixture, beginning and ending with flour mixture; mix after each addition. Beat the egg whites with a mixer at high speed until stiff peaks form using clean, dry beaters; fold into batter.
- Spread batter over cranberries.
- Bake at 350 for 45 minutes. Cool in pan for 5 minutes on a wire rack. Loosen edges of cake with a sharp knife.
- Place a plate upside down on top of cake pan; invert onto plate.
- Combine whipped topping and cognac, and serve with warm cake.

Nutrition Facts

PROTEIN 5.82% **FAT 29.31%** **CARBS 64.87%**

Properties

Glycemic Index:48.93, Glycemic Load:23.69, Inflammation Score:-4, Nutrition Score:7.1773912802986%

Flavonoids

Cyanidin: 17.88mg, Cyanidin: 17.88mg, Cyanidin: 17.88mg, Cyanidin: 17.88mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 10.21g (15.71%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 48.68g (17.7%), Sugar: 32.43g (36.03%), Cholesterol: 59.26mg (19.75%), Sodium: 183.32mg (7.97%), Alcohol: 0.71g (100%), Alcohol %: 0.68% (100%), Protein: 4.56g (9.12%), Manganese: 0.41mg (20.59%), Selenium: 10.86µg (15.52%), Vitamin B2: 0.23mg (13.58%), Vitamin B1: 0.2mg (13.16%), Folate: 42.79µg (10.7%), Calcium: 91.69mg (9.17%), Fiber: 2.19g (8.74%), Phosphorus: 85.66mg (8.57%), Iron: 1.31mg (7.26%), Vitamin C: 5.33mg (6.45%), Vitamin A: 315.57IU (6.31%), Vitamin B3: 1.24mg (6.2%), Vitamin E: 0.84mg (5.59%), Vitamin B12:

0.3µg (4.93%), Copper: 0.1mg (4.91%), Vitamin B5: 0.42mg (4.19%), Magnesium: 14.79mg (3.7%), Potassium: 129.56mg (3.7%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.49mg (3.27%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.35µg (2.36%)